

Health Education Network– April 15, 2008 (1:30- 4:00pm)
3530 Wilshire Blvd., LA 90010—8th Floor Conference Room C

Today’s Meeting:
Healthy County Employee: Paradox or Possibility?

Purpose of Health Education Network Meetings:

1. To provide a health education forum for countywide health educators to: collaborate on projects/activities, share resources, network, eliminate duplication of efforts, provide updates, and voice needs and concerns.
2. Address training and other health education needs based on health educators’ professional and personal areas of interest.
3. Keep the health education staff abreast of internal and external topics, including trends and issues affecting the practice of health education.

Desired Outcomes of this Health Education Network Meeting:

1. Learn about healthy restaurant dining strategies and healthy modifications to snacking.
2. Learn about the prevalence of obesity and overweight individuals in Los Angeles County.
3. Learn how to incorporate physical activity on a daily basis and how it affects one’s health.
4. Identify resources for making healthy behavior modifications while working within LADPH.

Agenda			
Timeframe	What	How	Who
1:30 – 1:35	Welcome	Introductions and Q&A	Girisha Colleary <i>Health Education Administration</i>
1:35 – 2:30	Getting Through Lunch Healthy	Presentation and Activity	Cindy Young <i>Nutrition Program</i>
2:30 – 2:40	Personal Break	Break	<i>Everyone</i>
2:40 – 3:10	On the Road to an Active Life	Presentation and Activity	Angelica Haro <i>Physical Activity Program</i>
3:10 – 3:50	Office Ergonomics: Preventing Office-Related Injuries	Presentation	James DeCarli <i>Injury & Violence Prevention Program</i>
3:50 – 4:00	Closing & Announcements		All Attendees

Announcements and Reminders:

1. Next month’s meeting will be taking place on Tuesday, May 6, 2008, at the California Endowment.
2. Visit the HEA website at <http://lapublichealth.org/hea> to be added to the Health Education Listserv and to view a calendar of health education events, including network meeting dates, themes and locations.
3. If you would like to post something to the Health Education Stakeholder Listserv (i.e. job announcements, health education related news), please send it to: healthed@listserv.ladhs.org